

# North Peace Leisure Pool Pool Schedule July 2 - September 2, 2023

The North Peace Leisure Pool is owned by the PRRD and operated by the City of Fort St. John

## Facility Hours of Operation

Monday - Friday	6am - 10pm
Saturday	9am - 9pm
Sunday	9am - 5pm

**Waterslide** \*Weather permitting  
 Monday - Saturday 1 - 9pm  
 Sunday 12 - 5pm

**Diving Board**  
 Monday - Friday 1 - 3:30pm/8 - 10pm  
 Saturday 1 - 9pm  
 Sunday 1 - 5pm



\* For up to date pool schedules visit pool online drop in calendar  
 Schedules are subject to change without notice

## Wibit Obstacle Course

Wednesday	1 - 9pm July 19   August 9 & 30
Saturday	1 - 6pm July 8   August 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Pass Holders Only		Lap & Lesiure Swim 6 - 9am	Lap & Lesiure Swim 6 - 9am	Lap & Lesiure Swim 6 - 9am	Lap & Lesiure Swim 6 - 9am	Lap & Lesiure Swim 6 - 9am	
Leisure Swim Partial leisure pool access & hot spots open	9am - 1pm	6am - 10pm	6am - 10pm	6am - 10pm	6am - 10pm	6am - 10pm	9am - 9pm
Public Swim Both pools open with partial access		1 - 3:30pm 8 - 10pm	1 - 3:30pm 8 - 10pm	1 - 10pm	1 - 3:30pm 8 - 10pm	1 - 3:30pm 8 - 10pm	
Open Swim All pools & amenities open   No Lap Lane	NorthRiver Midstream Free Swim 1 - 5pm						1 - 9pm
Lap Swim 1 lane available for lengths	9am - 1pm	9am - 1pm 8 - 10pm	9am - 1pm 8 - 10pm	9am - 1pm	9am - 1pm 8 - 10pm	9am - 1pm	9am - 1pm
Programming No lap pool & limited leisure pool access		9am - 12pm 3 - 8pm	9am - 12pm 3 - 8pm	9am - 12pm	9am - 12pm 3 - 8pm	9am - 12pm 3 - 8pm	
User Group Bookings Rentable Space   No public access	6 - 9am 5 - 9pm						6 - 9am

## User Group Bookings

Email pool@fortstjohn.ca for pool rental information

## Midweek Mayhem Wednesday

Activity Leader 10 - 11am (Preschool activities)

Activity Leader 5 - 6pm & 7 - 9pm (School age activities)

## Swim Pass Prices

- Children 7 under must be accompanied by a guardian (16+) and stay within arms reach at a ratio of 3:1
- Tots (5 & under) are free
- Family is up to a maximum of two adults and four dependent children living in the same household
- Visit Passes do not expire
- Non-refundable 3.5% fee on credit card transactions
- All swimmers 8+ must obtain and wear a wristband

**North Peace Leisure Pool is closed to the public on the following dates:**

Canada Day: Saturday, July 1 **CLOSED**

BC Day: Monday, August 7 **CLOSED**

Annual Maintenance Shutdown: September 3 to October 2 **CLOSED**

ALL FEES ARE +TAX	DROP IN	6 VISIT	12 VISIT	1 MONTH PASS	3 MONTH PASS
YOUTH (6-18 YRS.)	\$3.00	\$15.00	\$30.00	\$30.00	\$85.50
ADULT (19-64 YRS.)	\$6.00	\$30.00	\$60.00	\$60.00	\$171.00
SENIOR (65+ YRS.)	\$3.00	\$15.00	\$30.00	\$30.00	\$85.50
FAMILY	\$15.00	\$75.00	\$150.00	\$150.00	\$427.50

For more information contact the North Peace Leisure Pool.  
 Phone: 250 787 8178  
 Email: pool@fortstjohn.ca  
 Website: www.fortstjohn.ca





# North Peace Leisure Pool Fitness

## Aqua Fitness Schedule July 2 - September 2, 2023

Pre-registration is required for Aqua Tots and Fitness Swimmer. Schedules are subject to change without notice.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aqua Deep</b>	9:15 - 10am					9 - 9:45am	
<b>Aqua Shallow</b>		9 - 9:45am		9 - 9:45am	8:15 - 9pm		9:15 - 10am
<b>Aqua Tots</b>							10 - 10:45am
<b>Aqua Cycle</b>		6:45 - 7:30am	6:45 - 7:30am 8:15 - 9pm	6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:30am	
<b>Aqua Low</b>		11 - 11:45am		11 - 11:45am		11 - 11:45am	
<b>Aqua Stretch</b>			9 - 9:45am		9 - 9:45am		
<b>Fitness Swimmer</b>	10 - 10:45am						

### Aqua Deep/Shallow (Lap Pool)

This class aims to give you a full body work-out while focusing on cardio and balance.

### Aqua Cycle (Leisure Pool)

A low impact, low resistance, intense workout on stationary spin bikes. Bring water shoes for the ride!

### Fitness Swimmer (Lap Pool)

For swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training. Recommended be able to swim 25m without stopping.\*Registration required

### Aqua Stretch (Leisure Pool)

Takes place in the warm leisure pool and has a focus on balance and range of motion.

### Aqua Low (Lap Pool)

Held in the shallow end of our lap pool, this class is a full body work-out with low intensity movements.

### Aqua Tots (Leisure Pool)

This postnatal class helps introduce baby (4months +) to the water while you get to socialize with others and bring fitness back into your life. Held in the leisure pool, this class gets you moving followed by group water activities for baby.

## Drop-in Pool Fitness Rates

ALL FEES ARE +TAX

	DROP-IN	VISIT PASS (6)	VISIT PASS (12)
YOUTH AQUAFIT	\$4.00	\$20.00	\$40.00
ADULT AQUAFIT	\$7.00	\$35.00	\$70.00
SENIOR AQUAFIT	\$4.00	\$20.00	\$40.00

## Monthly Pool Fitness Pass Rates

ALL FEES ARE +TAX

	1 MO.	3 MO.	6 MO.	12 MO.
YOUTH AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40
ADULT AQUAFIT	\$70.00	\$199.50	\$378.00	\$736.20
SENIOR AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40

